



CAPITOL LUNCHROOM MENU

<http://www.state.nd.us/fac/>

MONDAY, DECEMBER 11

GRILL	SLOPPY JOE WITH CHIPS @ \$2.25..... WITH FRIES	\$3.25
LOWFAT	SMOKED TURKEY WRAP	\$2.95
FEATURE	PARMESAN CHICKEN BREAST WITH POTATO, VEG., & ROLL	\$5.51
FEATURE	SALISBURY STEAK WITH POTATOES, VEG. AND ROLL	\$5.51

TUESDAY, DECEMBER 12

GRILL	PASTRAMI ON GRILLED RYE WITH CHIPS @ \$2.95 WITH FRIES	\$3.95
FEATURE	CHICKEN ALFREDO ON NOODLES WITH VEG. & BREADSTICK	\$5.51
LOWFAT	TUNA CASSEROLE WITH VEG. & ROLL	\$4.90
FEATURE	BAKED POTATO WITH BEEF STOGANOFF (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream-.25 each)	\$3.25

WEDNESDAY, DECEMBER 13

GRILL	TACO SALAD BAR	\$5.51
LOWFAT	ROAST BEEF BAGEL	\$2.95
FEATURE	HAMBURGER VEGETABLE CASSEROLE WITH ROLL	\$4.90
FEATURE	COUNTRY RIBS 'N' KRAUT WITH POTATO & ROLL	\$5.51

THURSDAY, DECEMBER 14

GRILL	FRENCH DIP N SWISS SANDWICH WITH CHIPS \$3.25 WITH FRIES	\$4.25
LOWFAT	TURKEY SALAD SANDWICH (NO FAT MAYO)	\$2.95
FEATURE	ROAST PORK DINNER, POTATO,STUFFING, VEG AND ROLL.	\$5.51
FEATURE	TATER TOT HOTDISH WITH , VEG & ROLL	\$4.90

FRIDAY, DECEMBER 15

GRILL	BLT WITH CHIPS @ \$2.75 WITH FRIES	\$3.75
LOWFAT		
FEATURE	SHEPPARDS PIE WITH VEG., & ROLL	\$4.90

DAILY SPECIALS

FRENCH FRIES ARE \$1.40 OR \$1.00 WITH A SANDWICH

*** GRILLED CHICKEN ***	\$2.95
HOT BEEF SANDWICH	\$4.90
ROAST BEEF DINNER	\$5.14
SALAD BAR	\$1.90
CHILI CUP \$1.50 BOWL	\$2.50
SOUP CUP \$1.45 BOWL	\$2.29

CAFETERIA HOURS: 7:00 A.M. TO 4:30 P.M.
BREAKFAST: 7:00 - 10:30
LUNCH: 10:30 - 1:30

